

Follow
@UMWBullet_News
on Twitter.

The Bullet

Since 1922

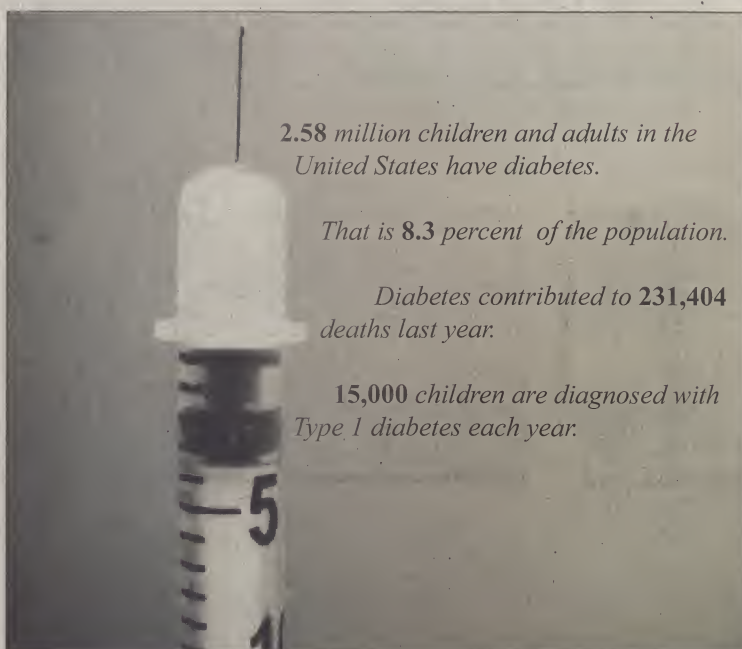
Seeking the Truth
and Delivering
Accurate Coverage

Vol. 87, No. 20

Visit the University of Mary Washington Bullet online at www.umwbullet.com

March 27, 2014

One student's race to cure diabetes



2.58 million children and adults in the United States have diabetes.

That is 8.3 percent of the population.

Diabetes contributed to 231,404 deaths last year.

15,000 children are diagnosed with Type 1 diabetes each year.

The College of Diabetes Network is a national non-profit organization offering support for sufferers.

HOPE RACINE
News Editor

Statistically speaking, there should be approximately 17 students on the University of Mary Washington campus who suffer from Type 1 diabetes. Dan Browne has only met two.

Browne, a senior biology major, is the founder of UMW's chapter of the College Diabetes Network (CDN), a national non-profit organization that seeks to unite diabetics on college campuses and offer informational and emotional support to those who suffer from the disease, as well as friends and family members of diabetics.

Two students at the University of Massachusetts started CDN, which is currently active on over 70 campuses across the nation.

"It had been on the edge of my awareness for awhile, but I didn't think it would really take off on campus," Browne said.

Browne is a Type 1 diabetic. Diagnosed when he was 10

years old, Browne has dedicated a large amount of his time to diabetes research and outreach.

"There are a lot of misconceptions that revolve around diabetes," Browne said. "People don't necessarily understand the differences between the different types of diabetes and that everyone manages their disease differently."

Diabetes can take two forms: Type 1, formerly known as juvenile diabetes, and Type 2. Of all diabetics, Type 1 makes up 10 percent of the diabetic population and is an autoimmune disease that is very common in younger children. Type 2 diabetes often emerges later in life and can be caused as a result of genetics and lifestyle choices.

Browne, who is 6 foot 3 and looks as though he has approximately zero percent body fat, is often asked how he can have diabetes without being obese.

"When you see diabetes portrayed on the news or television shows you kind of get the impression that diabetes is

what happens when you eat too much cake," Browne said. "But there's a lot more that goes into it. A lot of the reason I wanted to start this club was to bring people together, but also to spread awareness," said Browne.

One of the major upcoming events for CDN this semester is the Spring 5k Bunny Hop Fun Run, an event that is co-sponsored by the newly restarted UMW Running Club.

"I joined the Running Club because I wanted to get into running a bit more. It's a great way to manage your blood sugar levels, and I ended up really getting invested in the club," Browne said.

The Spring 5k is open to participants of any running level and will help raise awareness for diabetes and raise funds for the group. The race is being held on Sunday, March 30 and will have Easter eggs hidden along the route that contains prizes and information about diabetes. Prizes will also be given to the

•DIABETES, 8

Weather tears up shred event turnout

JAHNA PAIGE
Staff Writer

Despite the rain and multiple cancellations, the University of Mary Washington held its annual Shred Event at the Battleground Athletic Complex last Wednesday, March 19. The event is a part of RecycleMania, an eight-week competition that encourages universities across the U.S. to reduce waste through recycling.

The purpose of the Shred Event is to dispose of confidential documents free of charge. While the event is mainly targeted toward the university, it is also open to local businesses and area residents as a gesture to involve the entire Fredericksburg community in recycling efforts.

Although 15 departments including Stafford and Belmont, participated in the event, Wilson said she did not expect a huge turnout, particularly from the Fredericksburg community.

Due to the low turnout, the university's shred event collected only 2,913 pounds of mixed paper. Compared to previous years, the low turnout may be attributed to the change of dates and the weather.



Due to multiple cancellations from the weather, the Shred Event only collected 2,913 pounds of

"First, we had scheduled the event on March 6. However, that day became a holiday. Then, we planned it for March 12, but it snowed and made it impossible to prepare. We finally agreed on March 19, rain or shine," said Wilson, director of landscape and grounds.

However, Wilson expressed that the low turnout may have been a good sign.

"I do think that besides changing dates and all those sorts of things, I think we're seeing people getting rid of the backloads, so there's less material to shred, and maybe we're a little more paperless," Wilson

•SHRED, 2

"Fear 2 Freedom" sheds light on sexual abuse

COLLEEN HUBER
News Editor

"Fear 2 Freedom" will host their second annual Celebration Night on the University of Mary Washington Fredericksburg Campus on April 2 to raise awareness for sexual assault.

"Fear 2 Freedom" is a leading global 501c3 nonprofit organization that is dedicated to

bringing healing to individuals who are affected by sexual abuse. The organization's mission is to help victims of sexual assault and to educate college students and communities on how to prevent sexual abuse, according to a press release from the organization.

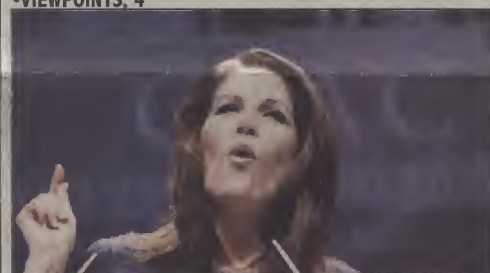
Participants of the Celebration Night will be able to assem-

•ABUSE, 2

Inside This Issue

Does Bachmann believe the LGBTQ community is separate from the majority of Americans?

•VIEWPOINTS, 4



Courtesy of Flickr

PAC Show gives students ability to express themselves

•STYLE, 5



Courtesy of Flickr

Three national championships,
Two NCAA records,
One man:

Alex Anderson becomes first multiple national champion athlete in the University of Mary Washington's history

•SPORTS, 10



Courtesy of University of Mary Washington Campus Recreation

New fight song seeks lyrics to boost pride



Courtesy of University of Mary Washington

Students have the opportunity to help create the official University of Mary Washington fight song by submitting lyrics.

KELSEY WHEATON
Staff Writer

The University of Mary Washington is adding a new chapter to its school history: the creation of an official University of Mary Washington fight song.

Since the school's creation

in 1908, there has never been an official fight song to accompany the school sports teams to various games, something that is often found with teams from other larger universities. Now, however, the University will be getting its own fight song, and students have an opportunity to help write it.

The song, currently called "Soar, Eagles, Soar!" is in the process of being composed by Paul Murtha, a world-class composer who also serves as the arranger of the United States Army Band. Murtha works closely with the music department, serving as the composer for the Philharmonic orchestra.

While the song's notes and tune are set, the majority of the lyrics are missing. While the composing of the song's main chant was left to a professional arranger, the remaining responsibility of penning the lyrics was given over to the student body. The creation of the lyrics

•FIGHT, 8



Police Beat

By COLLEEN HUBER
News Editor

Drug and Liquor Violations

A student, 21, received an administrative referral for possession of marijuana on the evening of March 23 between 10:54 p.m. and 12:25 a.m. The incident occurred on the third floor of Arrington Hall. The student was also issued an Honor Code letter of accusation.

An administrative referral was given to a student, 20, for underage public intoxication. The incident occurred on March 22 between 9:57 and 10:50 p.m. on the fourth floor of Alvey Hall.

A student was found intoxicated by an officer on College Avenue and Route 1 on March 15 around 11:05 p.m. and 11:25 p.m. The officer noticed that the student was walking unsteadily. The student, 19, was given an administrative referral for underage public intoxication.

An administrative referral was given to a student, 20, for underage intoxication and possession of alcohol on March 15 at 10:27 p.m.

Vandalism

A bench was pushed over outside of Trinkle Hall on Campus Walk on March 16 between 12:39 a.m. and 3:45 a.m. The case is pending.

On the fifth floor lounge of Eagle Landing, chairs were lined up and an arm was broken off each chair. The incident occurred between March 19 at 7 a.m. and March 20 at 12:45 a.m. The case is pending.

Three exit signs were knocked down on the third floor of Eagle Landing. The case is pending.

Harassment

Threatening texts were sent to a phone in Mechanicsville over a period of time between January 15 at midnight and March 22 at 12:33 p.m. The texts are believed to be sent from a phone of a UMW student. The case is pending.

Theft

A student's book bag and the contents inside it were stolen from the Eagles Nest on March 21 between noon and 1 p.m. The case is pending.

Assault

Aggravated malicious wounding occurred at the 7-11 on 1200 block of Jefferson Davis Highway. The incident occurred on March 20 at 3:38 a.m. The case is pending.

The information was compiled with assistance from UMW Police Manager James DeLoach and Fredericksburg Police Department Public Information Officer Natalia Bledsoe.

The Bullet will publish the names of students who are formally charged by the University of Mary Washington Campus Police or the Fredericksburg Police Department to have committed acts of extreme violence against members of the UMW community or pose a large threat to that community, when names are released to the public. The Bullet will publish names and write articles about criminal acts on a case-by-case basis according to the aforementioned parameters.

"Fear 2 Freedom" event helps victims heal

•ABUSE, 1

ble one of 196 kits that will be provided for victims of sexual assault, domestic violence and child abuse. The kits contain toiletries and clothing for victims who have to give their belongings for evidence. The kits will be delivered to the Mary Washington Health Care center.

"By assembling these kits, 'Fear 2 Freedom' is helping educate students on the grave nature of sexual assault, sex trafficking and date rape and to mobilize them to become a part of the solution," the press release stated.

According to the rape, abuse and incest national network (RAINN), an American is sexually assaulted every two minutes. One in four women have been sexually abused before the age of eighteen. With such statistics, organizations such as "Fear 2 Freedom" have a daunting mission to accomplish.

Lisette Johnson, a survivor of intimate violence, will be

Every 2 minutes, an American is sexually assaulted.

There are about 237,868 victims of sexual assault each year.

44% are under the age of 18.

Sexual assault has fallen by more than 50% in recent years.

Statistics from RAINN.org

the guest speaker at the event. Johnson provides medical professionals with information on how to recognize and approach patients about intimate partner

violence.

"Lisette brings a unique vision of what it takes to migrate instant unanticipated change and offers a glimpse into the

who, what and how of intimate partner violence," according to the press release.

Johnson also talks to women, teens and churches about healthy dating and relationships.

Rosemary Tribble, the founder and president of "Fear 2 Freedom," will also be speaking at the event. Tribble will share her personal story of being raped at 25 years old.

"In 1975, I hosted a morning TV talk show in Richmond called 'Rosemary's Guestbook.' I did a show on sexual assault, never realizing I would be the next victim raped at gunpoint three days later," said Tribble in the press release.

"Fear 2 Freedom" is partnered with Virginia Commonwealth University, and will host the Celebration Night event in the Anderson Center from 6 to 8 p.m. The event will benefit the victims of sexual assault and will have music and refreshments for the participants.

This Week's Campus Briefing:

A guide to the events at the University of Mary Washington and Fredericksburg Community. Compiled from information provided in the UMW newsletter EagleEye.



Fourth Annual Arab Culture Night:

The Anderson Center's Basketball Hall there will host live music and performances, poetry, belly dancing, a fashion show, raffles and cuisine for \$1 on Thursday, March 27 from 6 to 9 p.m.

The Chappell Great Lives Lecture Series, Titans of the Gilded Age: Rockefeller, Carnegie and Morgan:

In Dodd Auditorium, the Chappell Great Lives Lecture Series continues with a presentation by H.W. Brands, a professor at University of Texas and a biographer of the Titans of the Gilded Age: Rockefeller, Carnegie and Morgan. Admission is free. The event will take place on Thursday March 27 at 7:30 p.m.

HOLI Festival of Colors:

The Holi festival of colors will be held Friday, March 28 at 5 p.m. on Ball Circle. There will be refreshments and live music by the band Goody. Holi is an Indian celebration that announces the arrival of spring and the passing of winter.

Good Neighbor Day:

UMW students will help with outdoor projects such as, raking, garage/shed organizing, porch cleaning and other light yard work in the College Heights and College Terrace areas. Volunteers will receive a free t-shirt, backpack, water bottle and invitation to the community cook-out after the event. To register for Good Neighbor Day, register online or register the day of the event on Ball Circle 12:30 p.m. for the event on Saturday March 29 from 1-4 p.m.

RecycleMania shreds wastefulness

•SHRED, 1

said. According to Wilson, despite the fact that the amount of materials shredded may seem low, "since UMW is doing so well already in RecycleMania as a whole, the Shred Event will not be a major factor in our ranking."

"I believe we do not necessarily recycle more during RecycleMania, I think UMW does a good job recycling year around," said Wilson.

Although the fact that UMW worked with a new company this year (Richmond-based EnTrust Records) may lead some to believe that the new company might have played a role in the low results, but Wilson assured that the company was just as professional and punctual as last year's company, Iron Mountain.

RecycleMania by the numbers:

- In 2013, UMW ranked first place within Virginia, and 12th overall in the competition category.

- UMW recycled 37,544 pounds of materials per person over eight weeks, which is equivalent to more than 200,000 pounds of recyclables kept out of landfills.

- The 182 metric tons of carbon dioxide removed from the atmosphere through recycling equaled the equivalent of taking 97 cars off the road.



Rory Woodward Bernstein the cat wants

YOU

to write for The Bullet!

email:
newsxcrew@gmail.com

VIEWPOINTS

Movie versions of young adult novels are dominating Hollywood



The new "Divergent" movie based on the young adult book, blows away box office numbers.

COLEMAN HOPKINS
Staff Editor

Over the past few years, writers, and subsequently film producers, produced a series of dystopian novels for young readers that seemingly created a guaranteed formula for success: high readership, and, of course, a Hollywood movie version ripe with promising young talent that reaps huge ticket sales.

This spring's "Divergent" is no exception, featuring a new group of teenagers being hunted and driven to great lengths by an oppressive and corrupt government.

The film sticks so closely to the "Hunger Games" formula, presenting a plot based off divisions of people into areas filled with young, rebellious personalities. It would be ironic if it ended up not being successful.

With \$5 million on the first screenings, the formula is work-

ing yet again. Given the success of movies such as "The Hunger Games" and "Twilight," it seems as if future movies will not dissent from this winning formula, and we will be stuck with the same theme and plot for blockbuster hits.

Looking back to the originator of this trend, "Harry Potter," it's not hard to understand why there is a desire to emulate the famous successful book series. For so many readers, Harry's tale was the perfect coming of age book tied with tantalizing fantasy; the results were impossibly high sales, handfuls of sequels and a big movie deal. The movies alone went on to gross nearly \$2 billion worldwide.

"Harry Potter" was fine; it had lovable characters, a good plot and an original story. However, the backwash of original and horrible stories since has even the most ardent fans

regretting their allegiance to the wizard-centric books from which these awful new stories stem.

Los Angeles Times film critic Kenneth Turan wrote a fair review of the film "Divergent" which addressed the film's nature in the title, saying, "'Divergent' plays it by the book, a winning strategy," and that it is but "the latest, most snug-fitting version of the trend."

The article opens with two paragraphs that essentially encompass all that it is wrong, and right, with the book.

"From Harry Potter to Bella Swan to Katniss Everdeen, the hottest phenomenon in publishing these days is young adult fiction about risk takers who dare to go their own way.

So it's more than a little ironic, if predictable, that films made from these books are completely risk averse. Why

Social mediums are potentially dangerous to relationships

Even without taking a basic communication class, or participating in a social setting, everyone knows how important a good face-to-face meeting is for effective and meaningful communication.

Living in an age where social media is the most prominent way to communicate, it is often hard to realize how it is transforming our relationships with one another.

The use of social media permits people to pose as whomever they want and has created an environment absent of nonverbal cues.

The person someone is talking to online could in fact be someone other than whom they present themselves to be, and, without any nonverbal cues, you have no way of determining if they are in fact who they say they are.

More than, over half of our communication between each other is transmitted through our body language; a concept in language and communication that cannot be conveyed

over a social media site.

According to two studies conducted by Mehrabian & Wiener in 1967 and the other by Mehrabian & Ferris in 1967, a formula for effective communication was established. The following percentages signify the importance of

varying communication channels: 55 percent through body language, 38 percent in tone of voice, and 7 percent being the actual words spoken.

Social media created an environment where more and more people are looking to their phones as companions. The more time people spend online and in social media, rather than in person, the more it is affecting the way we interact with people. Our interpersonal ability to obtain and maintain a solid relationship

or any interaction that may require engaging in an actual conversation, is becoming increasingly difficult.

A 2009 study conducted by Pew Research Center and American Life Project concluded that the average person sends about 50 texts per day and thirty-five percent of children in second and third grade have cell phones.

As a society, we are becoming more fluent in texting lingo than the actual English language.

We adapted a fast pace of typing and shorthand with our words to be more proficient. Unfortunately, this is also causing people to diminish their interpersonal skills, non-verbal language cues, spelling and grammar for a world dominated by social media.

Communication is vital to healthy and successful relationships, whether personal or professional, and relying on social media will cripple the stability these connections.



rock the boat and jeopardize a potentially huge franchise if you don't really have to?"

There certainly is a paradoxical and ironic element to this trend: adventurous and unique characters squished inside a rigid and common plot. This sort of begs the question: why is this working, and working so well?

The LA Times too is keen on this and notes that the whole young, angsty and isolated girl who cannot fit in, yet nabs the

cute boy plot line is a big money maker due to its relatability factor, which is high (over 17 million have bought the book).

The redundancy of these movies is appalling and offensive. Can writers not do better than this?

Moving forward, the article goes on to say that playing it safe may be best, as the stereotypical romance between the film's two leads shows great chemistry and should propel the film to financial success.

Given how poorly constructed the plot and characters are, the rewards alone seem like a reason for this kind of story and formula to continue. The simplicity and the little effort required to write the initial book points to a continuation of this trend, much to the chagrin of anybody who is searching for something new and exciting when going to the movies in the future.

Turkish ban on Twitter cannot suppress reach of social media

JONATHAN POLSON
Assistant Editor

The idea is posited constantly, by young people inspired and obsessed with growing technology and by older generations fearful of the massive attention given to the internet and smart phones: social media is changing the world.

Regardless of whether one's argument is in favor of or vehemently against the expansion of technological connections, the reality is constantly becoming more difficult to deny.

The Turkish government's ban on Twitter last Thursday, the ability of Turkish citizens to bypass this restriction through texting tweets and the international reaction to Prime Minister Recep Tayyip Erdogan's

rhetoric and action against free speech all exhibit the significant change social media is playing in the modern world.

A Turkish court ordered the ban to be lifted on March 26, and Turkey's Constitutional Court is currently planning to discuss instances of website blocking since Turkey's Constitution grants the right to Freedom of Expression and Dissemination of Thought. Despite this right, the country's policies do not reflect this freedom.

According to the Committee to Protect Journalists, Turkey imprisons more journalists than any other country. Furthermore, Erdogan's ban of Twitter is a result of the recent emergence on the site of audio that connects the prime minister to a major corruption scandal.

Ever since accusations of corruption against Erdogan increased and spread online, he has pronounced a hard stance against social media platforms, previously threatening to ban Facebook and YouTube as well.

Erdogan, who has led the country's leading AK Party since 2003, claims that the recordings are fabricated and that Twitter continually refuses to comply with national court orders to remove defaming and offensive content.

Erdogan's defense is clearly an attempt to manipulate the situation in the midst of the country's elections, yet his actions are being questioned around the globe.

Turkish citizens were able to circumvent the Twitter ban by utilizing the site's SMS service to text in tweets. This resulted in a worldwide trending topic, "#TwitterisBannedInTurkey," which elicited comments from the U.S. State Department, former Secretary of State Hillary Clinton and even Turkish president Abdullah Gul, all reprimanding Erdogan's actions.

The situation in Turkey proves that it is becoming more difficult for governments to restrict speech and access to information as global social media sites provide a previously unavailable opportunity to share and promote information.

The significance of Twitter is that, as both a private and global company, individual countries cannot regulate the site.

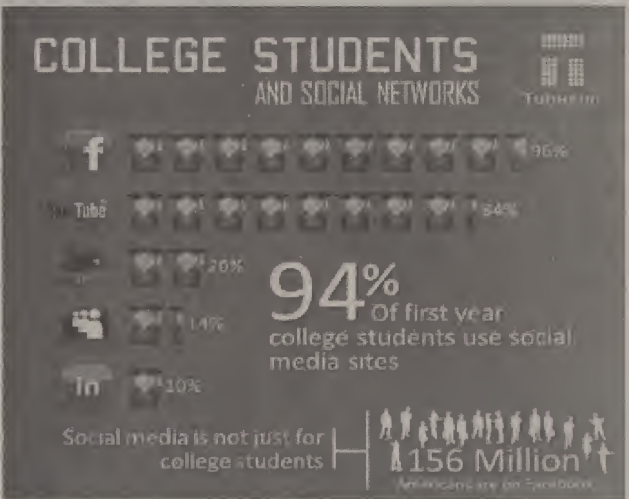
Twitter is a U.S. based company, and undoubtedly aligns with ideals of free speech, yet it is not a promotion channel for democracy throughout the world. Twitter, like many other social media sites, allows for a global dissemination of ideas, beliefs and information.

The goal is not to limit content to one viewpoint, but to instead increase an open flow of diverse discussion.

The potential of Twitter and similar sites of social connectivity is therefore understandably terrifying to governments hoping to maintain control of their citizens' outlooks. If the recordings of Erdogan's corruption involvement surfaced on



Now, in 2014, there are so many different outlets for social media.



Social networks have transcended mere social interaction and can now be political.

The Bulletin
Serving the University of Mary Washington Community.

Editor in Chief
Alison Thoet

Associate Editor
Jonathan Polson

Managing Editor: Mariah Young
News Editor: Colleen Huber
News Editor: Hope Racine
Viewpoints Editor: Katie Redmiles
Style Editor: Amanda Motley
Sports Editor: Regina Weiss
Finance Manager: Cara Sexton
Photography Editor: Ginny Clark
Ad Manager: Kelli Musick

Adviser: Ben Sellers

Assistant News Editor: Nephthalie Lature
Assistant News Editor: Victoria Moore
Assistant Sports Editor: Christopher Markham
Assistant Style Editor: Lauren Brumfield
Assistant Viewpoints Editor: Tess Osmer
Assistant Viewpoints Editor: Liam Roach

The Bulletin is published on Thursday afternoons during the fall and spring semesters. All decisions are made by the editorial board, independent of the Bulletin adviser.

Letter and Editorial Policy:
The Bulletin is always eager to receive letters to the editor and guest columns, and every effort is made to print them. Letters should be submitted Monday before publication. Letters should be no longer than 300 words, and columns should not exceed 700 words.

We will not publish anonymous submissions. Letters must include a phone number and address for purposes of verification. They can be mailed to the Bulletin at 1701 College Ave., Fredericksburg, VA, 22401-4666, delivered to our office in the Apartments Clubhouse or sent to our email at umwbulletin@gmail.com.

Opinions expressed in columns or letters to the editor do not necessarily reflect the views of the staff. Contact the Bulletin at 540-654-1133.

VIEWPOINTS



Courtesy of Flickr

Since the start of the gay rights movement in 1969, many changes were made to legislation, to provide equal rights. Yet, there is still more change to be had and inequality to overcome.

Bachman offensively bashes LGBT community over Arizona bill

EMILY HOLLINGSWORTH
Staff Writer

The Huffington Post reported on March 10 that Rep. Michelle Bachmann of Minnesota, while a guest on radio host Lars Larson's program, spoke about SB 1062, the controversial Arizona bill that was vetoed by Gov. Jan Brewer last month. The bill would have allowed businesses to discriminate against gay customers on the basis of religious freedom.

Bachmann stated, "There's nothing about gays in there. But the gay community decided to make this their measure...I think the thing that is getting a little tiresome, the gay community, they have so bullied the American people, and they've so intimidated politicians. The politicians fear them, so that they think they get to dictate the agenda everywhere."

Bachmann is arguing that people in the gay and lesbian community are choosing to construe a bill that does not openly discriminate against as threat to their liberty. As a result, they are using coercive, intimidating practices in order to eliminate the perceived danger.

It is interesting that Bachmann does not give specifics as to how or when this particular community used intimidating tactics to bully politicians or other Americans.

What stood out the most, however, was her initial argument: the Arizona bill does not label the gay and lesbian community as inferior or open them to discrimination; that is only how they choose to interpret it.

Her argument is reminiscent of the statement made

by Justice Henry Brown over one hundred years ago during the historic Supreme Court case Plessy v. Ferguson.

To justify segregation laws against African Americans, Brown claimed that "we consider the underlying fallacy of the

plaintiff's argument to consist in the assumption that the enforced separation of the two races stamps the colored race with a brand of inferiority. If this be so, it is not by reason of anything found in the act, but solely because the colored race chooses

to put that construct upon it."

Though Brown and Bachmann's claims span decades and discuss two different issues, their fallible arguments and the prejudices behind them remain very much the same.

It is easier to assert that a minority or a certain group of people are misconstruing a law rather than taking the time to understand how a law could violate their basic rights. It is easier to believe that gay or lesbian persons are bullying American people or politicians rather than coming to the uncomfortable conclusion that, through the laws that are being put into place, or even the language that is used to describe the gay community, that we as a country are the ones who bully the gay and lesbian community.

Even in Bachmann

claiming that the gay community "bullied the American people," her language reflects the idea that the gay community is outside of the collective body known as the American people; that they are somehow different than Americans who are not gay or lesbian.

Even if her language was not meant to be malicious, the idea she presents is that people who identify as LGBT are somehow not as much of an American citizen as others.

Whether it is the year 1896 or 2014, every person deserves the freedom of unalienable rights. When potential laws threaten these rights, they need to be examined by those who will validate the concerns of minority groups.

Those like Bachmann who disagree with the views held by minority groups need to respond sensitively to their concerns.



Courtesy of Flickr

Gay rights is often compared to the civil rights movement in regards to platform and attacks it has faced. Bachman's remarks are especially reminiscent of the rhetoric used against civil rights.

Community college stigma falsely connotes a lesser education

D. NIKI BERNETT
Staff Writer

There is an on going debate about the negative connotations surrounding people who attend community college, especially in a public university environment, and it needs paradigm shift.

As someone who personally graduated from Thomas Nelson Community College, I take high offense to some of the accusations that other people make regarding those that chose different academic paths.

Typical remarks addressed to those who attend community colleges include them being not as smart as people that attend four-year institutions.

While this may be the case for some people, this is definitely not true of all community college students, and should not be applied as a stereotype to all that attend these institutions.

Whether it is true or not, it does not give anyone the right to look down on someone who makes the decision to better

themselves in their own way.

I personally started out at Kansas State University, but due to family and financial situations I moved to Virginia, where due to out-of-state tuition costs, found it necessary to continue my education at the local community college.

My choice not to attend a public or private four-year college in Virginia and pay an astronomical amount of money in out-of-state tuition does not mean that I am any less educated or any less hardworking than any one of my peers here at the University of Mary Washington.

Many of my fellow community college attendees would argue that those who look

down on or feel sorry for us believe that we received a lesser education than them when in fact the only thing we had less of was cost.

According to the State Council of Higher Education for Vir-

ginia 2013-2014 Tuition and Fees Report, UMW students who qualify as in-state students paid a base amount of \$6,758 in tuition and mandatory educational and general fees, as well as \$2,902 in non-mandatory ed-

ucational and general fees.

If UMW students decided to live on campus they paid another \$9,122 for room and board (if they chose the largest meal plan offered).

In the same year, any student attending a Virginia community college only paid \$3,886 in tuition and \$14 in non-mandatory Educational and General fees.

While financial aid and scholarships can be credited toward paying off tuition no matter what type of institution one attends, there is still a difference when it comes to community college. Some would

again argue that community colleges offer less opportunities to students, but most community colleges in Virginia offer a multitude of clubs and sports, and several campuses even have their own dining facilities, but we only have to pay \$14 to be included in these opportunities.

UMW students probably do not even know where their \$2,902 non-mandatory educational and general fees went.

With this evidence, what is the benefit of going to a four-year institution besides the name?

I, on the other hand, will have two diplomas, and will have paid less than half of what those who have been here since day one will have paid by the time I graduate in May.

No one way is the right way, but everyone should consider a community college attendee as an equal classmate rather than look down on them for having a different education.



Courtesy of Flickr

Community college is a viable option for students who want to obtain a degree.

STYLE

Performing Arts Club 'Big Show' features themed dances



The Performing Arts Club held their annual 'Big Show' in Dodd Auditorium this past weekend, featuring a dance based off *The Hobbit*. Show, sponsored and performed by the Performing Arts Club (PAC). Each year PAC holds two large dance exhibitions, which showcase student dancers and choreographers. This year's show featured 18 original dances from various genres, including such as jazz, hip-hop, tap

were the culmination of a semester worth of preparation and practice by the dancers.

Senior Gaelyn Quirey choreographed one of the night's stand out performances entitled "True to Myself." A contemporary piece set to Alex Close's "Too Close," Quirey's dance incorporated intriguing light shows that created large and dramatic shadows behind the dancers.

A hip hop routine, choreographed by junior Jocelyn Edwards, which featured an army of dancers.

Senior Katherine Sheetz, however, choreographed one of the most interesting dances of the night. For her dance, Sheetz drew inspiration from J.R.R. Tolkien's book "The Hobbit." Entitled "Out of the Frying Pan and Into the Fire," the dance featured junior Bethany Alley as Smaug the dragon, and revolved around Smaug's pursuit of the hobbits, who were portrayed by the other dancers.

As UMW does not have a dance major, PAC allows stu-

dents to dance for pleasure and gives them an ability to express their creativity.

Sophomore psychology major Andrea Stegman choreographed her first dance for this semester's PAC show, a jazz number called "Silver Screen Shower Scene."

"As a first time choreographer, I highly enjoyed the experience of seeing my vision come to life on stage and expressing myself through my dance style and choreographed movements," said Stegman.

PAC has two shows each year, once in the fall and again in the spring. The second show is often an emotional one, as it is the last performance for graduating seniors.

"For me, PAC is the closest thing to a dance major, since we don't have one here," said junior and PAC treasurer Chelsea Kopf. "I love dancing with all my friends and I couldn't think of a better way to end the dance season."

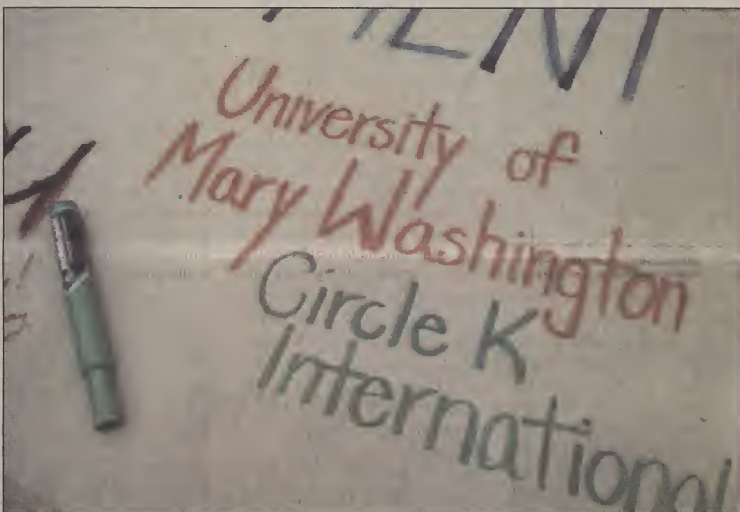
JORDAN WILLIAMS
Staff Writer

Music and emotion came alive during last weekend's Big

Julia Davis/Bullet

Big Show had two showings on Saturday, March 22 at 7:30 p.m. and again on Sunday, March 23 at 2 p.m. The shows

CKI club gives back



Courtesy of CKI club

Members of the CKI club gave back to the community by donating blankets, ice packs and cards.

DELLA HETHCOX
Staff Writer

Students gathered on the first day of spring to celebrate Service Fest, gathering blankets, dog toys, ice packs and cards for deployed soldiers and a banner for the local fire department. Service Fest is a yearly community service event hosted by Circle K International, a club at the University of Mary Washington.

Service Fest embodied the club's motto: "Live to serve, love to serve."

CKI is an international service organization that strives to connect college students and the surrounding local community through various acts of community service.

Many UMW students volunteered their time out of the kindness of their hearts.

Hosted in room 411 in Lee

Hall, the Service Fest had a cheerful vibe, perfect for the first day of spring. Everyone performed various activities, excitedly chatting with both new and old friends.

"Community service is a hobby of mine," said Tim Cotton, a junior political science major, as he moved from table to table, braiding dog toys and learning how to make fleece blankets. Cotton also performs community service with his fraternity, Kappa Sigma.

Club members directed attendees through the steps of making each craft.

Meliza Rubinos, CKI president, welcomed individuals and assisted them in finding an open space at different stations. Future CKI president, Maggie Baxter, aided volunteers through the simple steps of blanket making.

Sarah Anderson, a junior

psychology major, said "why not?" When she saw a flier and attended the event. Anderson quickly learned how to make a brightly colored fleece blanket by cutting and knotting strips of fabric. The blankets will go to either a local hospital or shelter for young patients.

"I really wanted to make blankets and to help out," said CKI member Sameet Ashfaq, a junior psychology major. Ashfaq and Anderson made an adept team as they quickly assembled numerous blankets.

CKI welcomed many new members after the recent Club Carnival, prompting freshmen students Mary Meehan and Eun Kim to attend the Service Fest.

Meehan and Kim chatted while braiding dog toys for the local Society for the Prevention of Cruelty to Animals (SPCA), a place where other CKI members like to volunteer.

Shailene Woodly brings new talent to the big screen in "Divergent"



Courtesy of Flickr

Shailene Woodley plays Beatrice in "Divergent," in this scene Woodley has knives thrown at her head.

FAITH RIVERS
Staff Writer

"Divergent" is not the next Hunger Games. While set in a dystopian society and revolving around a female protagonist, the plot and premise of "Divergent" is markedly distinct, and the movie does not provide the same emotional impact. Nonetheless, "Divergent" is still a worthwhile film, with winning performances by Shailene Woodley (Beatrice Prior) and Theo James (Four).

Woodley plays the conflicted young Beatrice Prior who lives in a society divided into five factions (Erudite, Dauntless, Candor, Abnegation and Amity) to maintain the peace. Each faction has a role to fulfill, and everyone, on their 16th birthday, test that is supposed to decide their identity and chooses whether to join the

faction. Beatrice grows up in Abnegation, which governs the society, but her test results are inconclusive, meaning she is Divergent: she is not a conformist and is therefore a threat to the system.

Kate Winslet plays the Erudite leader, Jeanine Matthews, whose role in the film is more present than in the novel, though Winslet's performance as villain unsatisfactory and she fails to convincingly show Matthews' motivation.

Unable to tell anyone that she is Divergent for fear of what will happen to her, Beatrice chooses to leave Abnegation and join Dauntless, the faction of soldiers and bravery. She changes her name to Tris and meets Four, convincingly played by Theo James, a strong, quiet and handsome Dauntless who is in charge of training the initiates.

Four and Tris's relationship

develops amid Tris's struggle to overcome the psychological and physical challenges of training and keep her place among the Dauntless.

Woodley and James were good choices for the roles and play the emotionally complicated yet heroic figures well. Their relationship is developed in line with the book's plot and James and Woodley have good chemistry that sells their attachment as genuine. The movie is paced well, with the dialogue rarely dragging and the scenes unfolding and developing effectively.

However, the film lapses into predictability at the climax where the film sways from the novel and a rather rushed ending ensues. While not as compelling as "The Hunger Games," "Divergent" is still an enjoyable film with a competent cast and engaging plot that deserves an audience.

Do you have style?

Come write for the Style section!

Email us at
umwstyle@gmail.com

STYLE

Indie music rocks Underground



Ginny Clark/Bullet

Members of Save the Arcadian were one of the performers in Indie Music night.

SEQUOI PHIPPS
Staff Writer

Three music groups performed at the Underground on Friday, March 21 for an indie music night. The event attracted fans of students and Fredericksburg locals familiar with the music groups.

My Son Bison, a group of four from Philadelphia, began the night with their unique tunes.

"Those four guys had a very different sound; they even did an entire song in Spanish," said Catie Morton, freshman chemistry major.

Also from Philadelphia, Liz & The Lost Boys performed their different and intriguing songs. The array of instruments used, including a harp and their poetic lyrics drew in the interest of the crowd.

The University of Mary Washington's very own Save the Arcadian closed the show, however, bringing energy, jokes and immense musical talent. All three bands are good friends, which made Save the Arcadian's last show at the Underground a fun evening for both the audience and the performers.

Save the Arcadian had the

chance to joke and laugh with their fans throughout the night. They performed crowd favorites, songs from their new album and a cover song.

"I like how they engage the crowd, and their onstage banter is fun!" said Kelsey McPeters, freshman psychology major.

My Son Bison currently has an EP available. Both Liz & The Lost Boys and Save the Arcadian recently released new albums, respectively entitled "Liz & The Lost Boys" and "That Bright Tide."

Maggie Says showcases new talent



Ginny Clark/Bullet

Members of Maggie Says performed in the Underground as part of Indie Music Night.

GINNY CLARK
Staff Writer

When it comes to musical ability, the University of Mary Washington has tremendous talent. Bands like Save the Arcadian and Goody have played key roles in exemplifying the university's artistic skill and versatility. But one musical gem remains largely unknown to the public, a band by the name of Maggie Says.

Consisting of drummer Ryan Nelson and lead guitarist and vocalist Gregory Chandler, the duo delves into the genre of alternative rock. With rock-solid melodies and razor-sharp rhythm, Maggie Says strikes the perfect balance between attitude and aptitude.

A dynamic set of songs attest to the range and breadth of talent in Maggie Says. As if that were not enough, the band's artistic capabilities extend to the lyrics, which convey honest, authentic feeling.

On Friday, March 14 Maggie Says played a show at the Underground accompanied by bass guitarist, junior Christian Perkins. The show marked the first

time the duo performed together since the Battle of the Bands in fall 2013. Because Ryan Nelson attends Averett University, four hours away from Fredericksburg, the distance can prove problematic for the band.

Despite the time apart, however, Maggie Says truly put on a compelling performance.

"They have that sort of great Atlantic East Coast beach band vibe going on, like they're gonna rock you best they can all night long," commented English professor Colin Rafferty.

Students in attendance also expressed enjoyment for the band's energy.

"They looked like they were having a lot of fun on stage, which is always great. You could tell that they were well-practiced and that they really knew what they were doing," said junior English major Claire Winkler.

Part of that on-stage expertise comes from Gregory Chandler's role on the UMW sound crew. If you have attended any audio-involved events on-campus, there is a good chance you have benefited from Chandler's work. A behind-the-scenes kind of guy,

Chandler spends a fair amount of his time moving speakers, wrapping up wires and adjusting knobs on the sound board.

"I think working for the sound crew has shown me what it takes to run a show from the technical side, which is so much more like a traditional business than a lot of younger musicians realize," said Chandler.

The band is not only fortified by technical knowledge, but also by great rapport and a longstanding history. According to Chandler, he and Nelson met each other at the bus stop on the first day of kindergarten.

"We've been best friends ever since, and we've played together in almost every band we've ever been in," said Chandler. "It's funny because, for years, we were inseparable no matter the context, and now we mostly see each other in a musical context, but it doesn't feel like we're any less close than we've ever been."

Maggie Says hopes to record more songs over the summer. For updates, check out Maggie Says on Facebook.

'PLL' season finale shocks fans again



Courtesy of Flickr

From left to right: Troian Bellisario, Lucy Hale, Shay Mitchell and Ashley Benson.

KUTOOF ALWAZIR
Staff Writer

The season four finale of "Pretty Little Liars" aired this past week, bringing in 6.3 million viewers and generating 1.5 million tweets. The episode brought all of the liars together, including the most important, one Alison.

The season itself included a good amount of twists and turns, with jaw dropping moments, such as Spencer's relapse to the dreadful moment of Aria discovering the truth about the beloved Ezra.

Even though most questions were answered Pretty Little Liars has done it again. They managed to satisfy our burning curiosity about everything, yet it was impossible for them to give the audience all the answers, leaving out the most important one: Exactly who is 'A'?

The episode started off with Aria, Emily, Spencer, and Hanna sitting in a rundown restaurant with Alison. She explains what actually happened to her the night of her disappearance, which included the police department searching for the miss-

ing girls and interviewing the Hastings family.

Alison tells the four liars that they need to find out who 'A' is or else she will disappear for good. For "Pretty Little Liars," it was a calming episode of clarifications and discoveries. Of course, this is not the typical style of "Pretty Little Liars."

The last five minutes of the show literally had "Liars" fans on the edge of their seat. 'A,' masked of course, found the five girls and chases them with a gun, shooting at them but missing miserably.

"I thought it might be a threat to them rather than trying to actually kill them," said sophomore, environmental science major, Trecia D'Costa.

The girls ran onto a rooftop seemingly concerned. Suddenly, two doors open; Ezra appears out of one and 'A' out the other. It is a showdown between the English teacher and A.

Ezra seemed to win the fight, with 'A' on the ground and the gun out of reach. Hanna grabs the gun but is hesitant to shoot, letting 'A' jump over the ledge. The episode ends with the five girls surrounding the wounded

Ezra yelling and calling out for help.

At the very end of the episode though, we see Mrs. DiLarentis buried in what we assume to be the same grave that she buried her own daughter in.

I am sure this is where most fans and viewers were annoyed with the girls. After all that they went through, one would think that the five of them combined could handle one masked human with a gun.

"I felt a little angry and upset because Hanna should have shot 'A.' They have all been through a lot and she could have easily shot him/her and finally reveal the identity of 'A,'" said sophomore Raven Roy. "If I had gone through that and I was in her place, I would have shot him!"

"Pretty Little Liars" left another painful cliffhanger that will leave fans waiting impatiently for the next season.

Will we finally find out who is 'A'? Are we physically capable of waiting that long? Will Caleb ever return to Hanna? Are Emily and Paige really over? What is going on with poor Tobey? But, most importantly, is our adored Ezra alive?

Staff Picks: Favorite Beverage

- Grapefruit Juice
- Strawberry Lemonade
- Capri Sun
- Coffee
- Violet Lemonade
- Rose Tea
- Chai Tea Latte
- Passion Tea Lemonade
- Sparkling Apple Cider
- Earl Grey Tea

Contact Information:
The Bullet
Attn: Kelli Musick
Advertising Manager
1301 College Avenue
Fredericksburg, VA 22401
Phone: (757)634-7896
Email: kmusick@mail.umw.edu



The Bullet
The University of Mary Washington's Award-Winning Newspaper
Publication Dates/Advertising Rates

Publication Dates

Fall 2013	Spring 2014
Sep 5, 12, 26	Jan 23, 30
Oct 3, 10, 24, 31	Feb 6, 13, 20, 27
Nov 7, 14, 21	March 20, 27
Dec 5	April 3, 10, 17, 24

Available Sizes

1/8 page (5.75" wide x 5.25" tall)
1/4 page (5.75" wide x 10.5" tall)
1/2 page (11.5" wide x 10.5" tall)
Full page (11.5" wide x 21.3" tall)

Classified ads may be purchased for \$1 per word for any advertiser that is not associated with the University of Mary Washington. For those associated with the university, the cost is \$0.20 per word.

Please note: to be considered for publication, all advertisements must meet the specified dimensions. For best results, please observe the ad sizes.

General Policies and Deadlines:

- All advertisements are due by 5 p.m. the Sunday prior to the date of publication.
- Please fill out the advertising insertion order completely
- After publication, a copy of the ad will be sent to you along with your invoice.
- No credit card payments will be accepted.

Rates:

	1/8 page	1/4 page	1/2 page	Full page	Discount
1 insertion	\$80.00	\$130.00	\$220.00	\$400.00	
2 insertions	\$144.00	\$234.00	\$396.00	\$720.00	10%
3 insertions	\$272.00	\$442.00	\$784.00	\$1,360.00	15%
6 insertions	\$384.00	\$624.00	\$1,056.00	\$1,920.00	20%
12 insertions	\$672.00	\$1,092.00	\$1,848.00	\$3,360.00	30%

*For color ads, please add 20% to your total. Color ads are available for 1/8, 1/4, 1/2, and classified ads only.

**Want to have your
ad featured?**

**Want to have your
work published?**

**Now hiring assistant
editors for the
following sections:
sports, viewpoints
and style**

**Also hiring:
video editors &
photographers**

Contact the Bullet!

Follow us on Twitter!

@UMWBullet_News
@UMWBulletStyle
@UMWBullet
@bulletssports

#follow



**Email umwbullet@gmail.com
for more information!**

Fight song contest spurs spirit



Courtesy of the University of Mary Washington

The student whose lyrics are chosen for the fight song will have their name attached to the song.

•FIGHT, 1 has been opened up to the student body for creation. The winner of the contest, in addition to having their name attached to the song, will receive an iPad and a cash prize of \$250. The contest asks for two verses that are "timeless, classy and easy to remember." The deadline for lyrics is Friday, March 28.

Doug Searcy, the vice president of Student Affairs, says he hopes to keep the song as a lasting tradition at UMW.

Student reaction to the possibility of a fight song for the university is mixed. Some students see the creation of a fight song as an opportunity to boost school spirit amongst the student body and to show that a small school can be as spirited as a larger one.

"I think it could create some student unity," said Keiera Lewis, a sophomore English major.

Others, however, are not

warmed up to the idea of a university fight song.

"We don't really have a lot of sports teams," said Laura Spain, a senior history major. "We could use it for rugby or soccer games, but, usually, I see fight songs being used for football. We don't have a football team, so it seems a little strange." Other students noted they felt that having a fight song on par with those of larger schools would disrupt the small and independent atmosphere of the university.

Despite the varying sentiments pertaining to the creation of a fight song, its creation could prove to be beneficial for the university. Traditionally, fight songs serve as a way to bond the players and the spectators at a game. It also serves to show visiting universities that even the smallest schools can have a lot of spirit.

Lyrics:

Soar Eagles soar,
on to Victory!

(YOUR LYRICS HERE)

So fight on Mary
Washington,
soar Eagle Nation Soar

U. M. W
We rule the nest
(That's right!)

U. M. W
We are the best
(Uh-huh!)
U. M. W
We rule the nest
(That's right!)

Go!
Fight!
Soar!

Honorable Mentions: The Success of the UMW Professional Community

The professional endeavors of the professors, administrators and faculty of the University of Mary Washington. Compiled from information provided in the UMW Newsletter, EagleEye.

Janet Cropp,

Assistant dean of advising services, will serve as a proposal reader for the National Academic Advising Association's (NACADA) 38th annual conference to be held in Minneapolis, Minn. in October 2014. NACADA promotes student success by globally advancing academic advising through providing opportunities for professional development, networking and leadership. Cropp will read proposals for the Advising Adult Learners Commission and the Advising Business Majors Commission.

Stephen Farnsworth,

Professor of political science and director of the University of Mary Washington's Center for Leadership and Media Studies, presented a talk on his new co-authored book, "The Global President: International Media and the U.S. Government," at the 20th Annual Virginia Festival of the Book at the University of Virginia in Charlottesville. The Virginia Festival of the Book is the Virginia Foundation for the Humanities' annual, five-day celebration of books, authors and reading.

Nabil Al-Tikriti,

Associate professor of history and American studies is a board member of the United States section of MSF/Doctors Without Borders. Al-Tikriti participated in the annual Field Associate Debate (FAD) for MSF staff serving throughout Afghanistan on March 10 and 11. Al-Tikriti made a presentation to the Stafford Rotary Club on March 19, describing his past experiences since 1993, such as volunteering in field operations with MSF as well as his current activities as an MSF USA board member which include his experiences in several international conflicts, MSF's charter and approach to medical relief, the movement's global financial challenges and his recent trip to Kabul.

Doug Sanford,

Professor in the department of historic preservation, participated in the March 2014 meeting of the Middle Atlantic Archaeological Conference (MAAC) in Langhorne, Pa. Sanford was an invited participant in the workshop entitled "Boot Camp for Teaching Undergraduate Archaeology: Lessons from the Middle Atlantic," which included over a dozen faculty members from private and public colleges and universities. Sanford presented on "Teaching Archaeology in an Interdisciplinary Environment: Anthropology, Archaeology and Historic Preservation." Sanford served as a judge for the conference's graduate student paper competition and was elected to the position of President-Elect of the MAAC for the next two years.

Students run to raise diabetes awareness



Courtesy of Humans of UMW

Pictured from left to right: Glenn Grigsby, Cameron Branning, Dan Browne advertise the run.

•DIABETES, 1 top runners and egg finders.

According to Browne, one of the goals for the race is to let students know that CDN is present on campus. Currently, the group only consists of Browne and junior art history major Becca Arm.

"Being a diabetic, especially a Type 1 diabetic, can be very isolating," said Browne. "When you get diagnosed as a kid, you are told that something is fundamentally wrong with your

body, you will probably be the only person you know who suffers from this and from here on out, life will be very difficult for you."

Every diabetic manages their disease differently, and often when kids with diabetes start college it is the first time that they have to manage the disease without their parents' help.

"You have to deal with schedules, new food, partying and spontaneity, and the last thing you want to think about is

your diabetes. But it should be the first thing you think about," Brown said.

One of the goals of CDN is to create a group where diabetics can learn from other's experiences and receive advice on how to handle drinking with diabetes, partying or handling other common college experiences.

"It helps to have people surrounding you who understand what you go through and can provide support," Browne said.

During his sophomore year at UMW, Browne's control of his diabetes was at an all time low. In addition to being disenchanted with his biology major, Browne was looking for a direction. That's when it occurred to him that he could dedicate his life to diabetes research and outreach.

"I like biology, and I'm good at it, and I know a lot about diabetes just from, you know, being me," Browne said.

After spending the summer in San Diego working on a diabetes related internship, Browne returned to UMW determined in his goal to spread awareness and create connections.

"My goal in life is to cure diabetes. And to do that, I want to make contact with people who have it and learn about experiences outside of myself," Browne said. "I learn from everybody, and it will aid my research."

Browne takes this mission one step at a time.

"Every time I have a diabetes moment in public, I try to make it a bit of a teaching moment," Browne said. "I guess you could say I'm a bit of a diabetes evangelist."

POLL:

Are you interested in changing the school mascot from the UMW Eagles to the UMW Beagles?



Courtesy of Pinterest

Yes

No

Tweet your responses to
@UMWBullet

#beaglepride

#beaglenation

#everybodydothebeaglebark

MORE INFO:

What:	When:	Where:	Cost:
Spring 5k Bunnyhop Fun Run	Sunday, March 30 at 10 a.m.	Outside Lee Hall	\$7, and \$1 goes to CDN

Great Lives Schedule

Thursday, March 27

Titans of the Gilded Age: Rockefeller, Carnegie, and Morgan

Tuesday, April 1

Henry VIII

Tuesday, April 8

Shakespeare

Thursday, April 10

Tuesday, April 15

Thursday, April 17

Tuesday, April 22

Spartacus

Machiavelli

Simon Bolivar

Charles and Anne Morrow Lindbergh

All lectures begin at 7:30 p.m. in Dodd Auditorium and are free to the public.

SPORTS

Season success ranks UMW high in Commissioners Cup

CHRIS MARKHAM
Assistant Sports Editor

After an extremely successful winter season, the University of Mary Washington athletics now holds second-place in the Richard C. Cook All-Sports Commissioners Cup standings, its highest ranking all year. UMW won three of the six conference championships this winter but still trail behind Capital Athletic Conference newcomer Christopher Newport University by seven points in the standings as the spring season gets underway.

Every year, the CAC recognizes one school in the conference for its success not just in one season, but all three combined. The Richard C. Cook All-Sports Commissioners Cup

is an award that honors the best athletic program while taking into equal consideration all sports and their successes. It gives motivation for each sport to excel and provides friendly competition for each program to contest for.

"At UMW, we have a commitment to broad-based success within our athletic program," said UMW Athletic Director Ken Tyler. "We have incredibly talented and dedicated student-athletes and amazing coaches."

In addition to moving to second place in the overall All-Sports standings, the Eagles climbed to second in both the men's and women's categories.

In the winter, the Eagles were recognized on the national level in multiple sports. The men's basketball team captured the hearts of Eagle fans everywhere while they made an unexpected run to capture their second ever CAC men's basket-

ball championship en route to an NCAA tournament berth.

The squad finished the year ranked eighth in D3Hoops.com's final rankings, their highest finish in school history.

The men's and women's swim teams rounded out the rest of UMW's CAC titles in the winter, as both squads dominated the field on their way to a sweep in the conference championships.

Senior swimmer Alex Anderson represented UMW and the CAC at the NCAA champion-

ship won the cup last year for the first time since 2005, after they won four consecutive cups dating back to 2002.

The addition of CNU to this year's cup race raised the competition more than ever in CAC history.

Four schools in the conference won multiple championships this year, adding to the spread of success. While the CNU Captains still hold the overall lead for the cup, there are three schools within 10.5 points of first place. UMW

(96.5 points) sits just in front of Salisbury (95.0 points) and York (94.0 points) for second place.

"The addition of a nationally competitive program like CNU makes winning the cup all the more chal-

lenging, but it is a challenge we welcome," said Tyler.

The nationally ranked lacrosse and tennis teams this spring are sure to make a huge difference in the final standings for UMW. The men's lacrosse team is ranked 15 in the nation for the first time in school history, while the men's and women's tennis teams are both ranked in the top 25.

"While we always want to be aware of our competition, our main focus is on being the best UMW we can be," said Tyler.

The Commissioner's Cup is just a stepping stone toward UMW's top goal, which is to finish in the Top 25 of the Learfield Director's Cup standings, which measures a program's performances at NCAA championships.

"Basically, we want to be known as one of the top NCAA Division III, the largest of the three divisions with 450 schools, programs in the country," said Tyler.

"The addition of a nationally competitive program like CNU makes winning the cup all the more challenging, but it is a challenge we welcome."

-Ken Tyler

ships taking home two national championships in the 200-yard butterfly and the 400-individual medley.

"Coach Rod Wood (men's basketball) and Coach Abby Brethauer (men's and women's swimming) did a great job and we had a committed and talented group of student-athletes," said Tyler.

The indoor track and field teams contributed as well to UMW's strong performance in the conference championships.

Since the point system used by the CAC gives more points to those who finish higher in the standings, the women's team contributed greatly with their second-place finish in the conference championship meet.

"It was a great winter," said Tyler. "Hopefully the winter success will springboard into a great spring."

The success enjoyed by UMW athletics this season is nothing new, however. UMW



Courtesy of UMW Athletics
UMW men's basketball celebrated a successful season by breaking multiple school records.



Courtesy of UMW Athletics
The UMW men's lacrosse team is currently ranked 15 in the nation, the highest in UMW history.

Can You Go All Night?

50 Rowers, 1 Erg, 24 Hours



SPRING ERGATHON

March 28th & 29th
12:00 pm - 11:59 AM
Ball Circle

Sports Stats

Men's Lacrosse

March 22 vs. Southern Virginia: Win, 19-1

Women's Lacrosse

March 26 vs. Randolph-Macon: Win, 17-10

Softball

March 22 vs Wesley: Win, 5-2 and 10-8

Baseball

March 24 vs. East. Mennonite: Win, 8-4

Upcoming Games

Softball

March 27 vs. Virginia Wesleyan: 3 p.m. and 4:30 p.m.

Women's Lacrosse

March 29 vs. Salisbury: noon
April 2 vs. Christopher Newport: 4p.m.

Baseball

March 29 vs. York: noon and 3 p.m.

Women's Tennis

March 28 vs. Skidmore: 4 p.m.
March 29 vs. Oberlin: 10 a.m.
March 30 vs. UC Santa Cruz: noon

SPORTS

Track and field breeze past competition at Battleground

ADAM HAGER
Sports Writer

The University of Mary Washington track and field teams hosted the Battleground Relays this past Friday, March 21 and Saturday March 22 and kicked off their outdoor season in style.

Despite the fact that the meet was not scored, both the men's and women's teams established their dominance early and often over the course of the two-day meet.

A relatively warm Friday afternoon set the stage for a very successful day for the men's team. By the end of the day, all four men's track events were won by Eagle athletes.

Julian Menk finished first in the 3,000 meter run (9:09.68); Ben Tuxbury, Glenn Taylor, Allan Meyer and Zach Kerns won the 4x200 meter relay with a time of 1:31.20; Sean Healy won the 10,000 meter run (33:09); and Jamie Van Emmerik, Nate Dawes, Kevin McCarthy and Chris Anderson took the 4x800 meter relay (8:51.20).

In field events Friday night, Alex Shvnen took first place in the hammer with a distance of



Courtesy of Jim Granger

104 feet, 10 inches.

The women also found success on the first day of the meet. Natalie Young won the 3000 meter run (10:28.89) and Claire Harrington, Corinne Zinser, Danielle Holzhauser and Emily Derse took first in the 4x200 meter relay (1:52.31).

In field events, Jordan Watkins jumped 33 feet, 7.25 inches, good enough for a first place finish, and Cheyenne Falls threw 99 feet, 11 inches to win the women's javelin.

Despite high winds on Saturday, day two of the meet was much of the same success for the Eagles. The men's team took first place in the 4x100 meter relay (Elias Ingles, Glenn Taylor, Allan Meyer and Zach Kerns) with a time of 42.84 seconds. Matt Shaughnessy won the 1500 meter run with a time of 4:12.40 and Chris Markham won the steeplechase at 10:28.10.

The Eagles also took first in the distance medley relay (Nate Dawes, Ben Tuxbury, Kevin McCarthy and Jamie van Emmerik) at 10:58.20 and the sprint medley relay at 3:46.98.

Frank Corona threw 166 feet, six inches to win the javelin, Nick Judy cleared 14 feet in



Courtesy of Jim Granger

the pole vault and Matt Parker jumped 20 feet, one-half inch to take first place in the long jump.

Lauren Brancy won the 1500 meter run (4:59.84); Liz Green, Emily Derse, Victoria Parent and Natalie Young won the distance medley relay at 13:09.98; and Claudia Autore finished in 20:18.43 to win the 5000 meter run.

Cheyenne Falls won the shot put with a distance of 40 feet, 3.25 inches after already winning the javelin, Taylor Cockrille took the discus with a distance of 113 feet, four inches and Claire Harrington cleared 10-and-a-half feet to win the pole vault. The women's 4x400 meter relay took first place as well.

Junior Claire Harrington, winner of the pole vault and part of the winning 4x200 meter relay team said she was happy with her team's results this past weekend.

This weekend's meet was absolutely incredible. There were stellar performances all across the board and what was even more impressive was that it was our first meet of the season," said Harrington. "Ideally, we will only keep getting better, and knowing the people on my

team, I am pretty confident that



Courtesy of Jim Granger



Courtesy of Jim Granger

UMW swim teams make waves at NCAA Championships

CARTER WALLER
Sports Writer

Following last weekend's NCAA Division III Swimming and Diving Championships, the University of Mary Washington's swim team's season ended but not before the team could gain two All-American honors and break multiple records and a majority of All-Capital Athletic Conference selections.

Senior Jessica Singer and junior Alex Anderson both earned their first All-Americans last weekend following their record-breaking performances.

Singer competed in the 1,650 free finals and received a 16th place finish in the final heat with a time of 17:12.06, a new school and CAC record.

"Setting a new record for both the school and the CAC means a lot. Plus, it's exciting to know that over my four years here I have gone from being a few seconds slower than the previous record holder to being 26 seconds faster. I hope this means that my record will stay around after I leave," Singer said.

Singer went into the meet seeded in 20th place, and to earn honors in her final swim was unexpected, she said.

All-American honors go to the top 16 swimmers in each event.

"I had already exceeded my expectations in order to qualify

than a second faster than his previous mark.

"They say that trying to win from the front is hard to do, but that is wrong," Anderson said. "This was a lot of fun to do in front of a great crowd."

Anderson's second championship of the weekend was not done in record-setting fashion, but it was thrilling nonetheless, as Anderson won by just over 2/100ths.

"I was very focused on this race this year," Anderson said following the race. "I was motivated to be faster than my conference time. I am happy to come out with the win."

Senior Amber Kerico, an All-American selection for the 2012-2013 season, swam her final event in the 200 breast-stroke, finishing with a time of 2:23.54 that gave her a 27th place after the preliminary runs.

Junior Maddie Carinci, a second team All-CAC swimmer, spoke highly of Kerico.

"[Kerico] had this 'I'm not settling for anything' attitude; and it really shows her passion

for the meet, and repeating that seemed like a daunting task," Singer added.

Anderson, the reigning UMW Male Athlete of the Year, won two individual championships in the 400 IM and 200-yard butterfly last weekend, as well as a second-place finish in the 200-yard IM.

He now holds three individual national championships, more than any athlete in UMW history.

Anderson finished the 400 IM with a national record time of 3:49.25, which was more

"I am so proud of all my swimmers for the way they competed here in Indianapolis this week."
-Coach Abby Brethauer



Courtesy of UMW Athletics

Alex Anderson was named Swimmer of the Meet at NCAA Division III Championships last week.

for the sport and her desire to be the best she can be," said Carinci.

Fifth-year Swim Coach Abby Brethauer gained her first CAC Coach of the Year award but gave all of the credit to the team.

"The award was just a reflection of what the team was able to accomplish. The swimmers

had much more to do with me getting the award than I did," said Brethauer.

The UMW women's swim team swept all the first team All-CAC honors for the first time in conference history this season, while the men's team took all but three of the first team selections.

The team also saw freshmen

Henry Bassett and Anna Corley earn 2014 CAC Rookie of the Year selections.

"I am so proud of all my swimmers for the way they competed here in Indianapolis this week," said Brethauer. "They made me proud to be called their coach."